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metroLIFE

RETURN TO FORT MAC

- Meet the hero who saved one community from the wildfire
- 2,000 evacuees told they can't go home until September

Ottawa metro

Your essential daily news | TUESDAY, MAY 31, 2016

High 24°C/Low 12°C Sunny

'Stand up and stop it'

OC Transpo bus driver Alain Charette is garnering social-media praise after he stood up for Hailey, a Muslim woman who wears the niqab. Hailey said a fellow passenger made Islamophobic comments at her.

HAILEY'S STORY, metroNEWS

Brakes put on cycling underpass

BILLINGS BRIDGE

Delay caused by NCC budget hold-ups

Emma Jackson
Metro | Ottawa

Cyclists and pedestrians will crowd crosswalks near Billings Bridge a little longer.

Capital Coun. David Chernushenko says a much-awaited cycling underpass is in limbo at Bank Street and Riverside Drive south of the Rideau River because of budget hold-ups at the National Capital Commission.

The city and the NCC had agreed to split the cost of the project last spring.

But Chernushenko got word "several weeks ago" that the NCC hasn't actually budgeted its half in its capital budget for 2016 to 2021.

That throws a stick in the wheels of city plans to get it done by 2018.

"Unless they find another away to put in their 50 per cent, the city is not able to go ahead on our own," Chernushenko said.

City staff are still working on the design, and NCC spokesman Cedric Pelletier said his organization is "looking for opportunities to find funding to move ahead with this initiative."

Pelletier said that without a completed design or community consultations, it wasn't possible to include the project in the NCC budget this year.

The project's estimated cost couldn't be confirmed Monday.

The underpass would help cyclists on the Rideau River eastern pathway cross underneath the road instead of over it.

It's a notoriously dangerous pinch point.

Heather Shearer with Citizens for Safe Cycling said the intersection has a lot of turning traffic and very little space for cyclists and pedestrians.

"It seems to be set up for conflicts," she said. "This underpass would be one way to help vulnerable road users avoid that intersection altogether."

A ghost bike for cyclist Meg Dussault had stood near the intersection, where she was killed, since 2013. But city staff removed it last week, one day before the delay was announced, Shearer said.

"That's obviously unfortunate timing," said Chernushenko. He said it gives a "contradictory message" to cyclists who want the city to invest in safer infrastructure.

metro NEWS

Your essential daily news

Solid gold, jewel-encrusted eagle worth $5 million stolen in robbery in Vancouver suburb.

Vanier's top crime fighter Lucie Marleau sits at a bench on the corner of Montreal Road and Marier Street, that "Lucy", a local sex worker, calls her office. Marleau said the most satisfying part of crime prevention is taking back the community's public spaces. MICHELLE NASH BAKER/METROLAND MEDIA

Crime fighter taking a break

Advocate planted seeds to grow a safer community

Michelle Nash Baker
Metroland Media

VANIER

Crime Prevention Vanier's one and only member and founder is stepping down — leaving a gap in crime fighting for the neighbourhood.

Lucie Marleau is one of Vanier's leaders when it comes to crime prevention. She has been fighting crime in the community since 2007.

No, she hasn't been attacking burglars and chasing down thieves, but she has done everything in her power since moving to the area to make Vanier a safer place.

According to Marleau, it's the little things that make a difference. Lit porches, pretty gardens and getting to know your neighbours are all part of it she said.

"I follow the school of thought that crime prevention is much broader than people think and very much in the hands of individuals to implement," Marleau said. "Residents underestimate the power they have to better their community — and Vanier has practiced a 'get her done' approach since 2007."

Marleau is talking about a Crime Prevention Ottawa initiative that started in an effort to reduce crime in the neighbourhood. Since then, Marleau has dedicated more than 15 hours a week to the efforts.

The current crime prevention organization, Crime Prevention Vanier, didn't always exist.

In fact, fighting crime in the neighbourhood has taken many forms, from a drugs and prostitution committee created by Crime Prevention Ottawa — that committee eventually turned into Beautification Vanier, which works on small projects and initiatives to help beautify the community — to a safety committee within the Vanier Community Association, issues with crime and crime prevention have been addressed in many ways over the years.

Over those years, Marleau has participated in those groups in one form or another.

It was when the safety committee folded that Marleau took it upon herself to start Crime Prevention Vanier in 2013, and although she has had volunteers throughout her tenure, it has mostly been a one-lady show.

> **Residents underestimate the power they have to better their community.** Lucie Marleau

One of the organization's primary objectives was to ensure that new community events, policies, programs, and endeavours are undertaken using a crime prevention "lens" so Marleau said her role, as she always saw it, was to ask herself and others "will this proposal have a positive or negative impact on community safety?"

Some ideas are self-evident, Marleau said, stating cleaning up or reanimating a park or public space is a good thing for community safety.

"Others are less-so," she adds. "Just recently, a community stakeholders' working group was stuck to begin the discussions on the big changes coming to Montreal Road in 2018. There will be a member of Crime Prevention Vanier at those meetings to advocate for safety and security. I'm hopeful that the working group will do a thorough safety audit of Montreal Road to identify and resolve the existing problematic nooks and crannies — and recognize that the back of businesses on Montreal Road as just as deserving of attention."

On top of those initiatives, Marleau, with the support of the community police officer, also became the Neighbourhood Watch Program Volunteer Coordinator — Vanier. Since working on the program, nine watches were created and more than 150 residents signed on.

"Not bad for a one square mile community," Marleau said. "Working with the members of our Neighbourhood Watch Program has been the most fulfilling and gratifying, hands down."

But now, Marleau said it is time to take a break from Crime Prevention Vanier and as the watch program co-ordinator.

"I have been involved in community affairs in one form or another since 2007," she said. "I'm so pleased with the friends I've made and the fun we had coming up with creative — read frugal — ways to improve our Vanier experience. But the time has come to step aside and let other would-be crime fighters come to the forefront. I welcome new ideas and new energy to build on the foundation of the last decade."

She said the next leader must be someone who thrives on collaboration and who has the community's best interest in mind.

Marleau does admit there are still challenges to overcome.

"Not to discount the great successes we've had, challenges remain particularly in terms of addressing the few problem spots remaining where drug and prostitution activities continue," Marleau said.

"I strongly believe that residents have done, and continue to do, what is in our ability to do to foster crime prevention in Vanier. But some things have set us back such as the lack of Ottawa Police Services support to address sex-trade activity and the police staffing process which has left the position of our community police officer vacant therefore endangering the momentum we've built and the continuity of our projects."

Marleau will remain as a mentor or adviser to any new leader.

Get ready for the new crossings

TRAFFIC SAFETY

City plans to open first 'pedestrian crossover'

Emma Jackson
Metro | Ottawa

You'd better start reading up on Ottawa's new crosswalk rules, or risk earning the city's first ticket for blowing through them.

City staff plan to open Ottawa's first "pedestrian crossover" on June 13 (although we don't know where yet).

Forty-three others should follow in quick succession this summer, mostly on low-speed roads and single-lane roundabouts. Staff are also retrofitting existing crosswalks that "aren't working," said traffic management lead Greg Kent.

Different from a regular crosswalk, these PXOs give total right of way to pedestrians, with no exceptions.

If someone's waiting to cross, drivers and cyclists must stop. They can't move until the pedestrian safely reaches the other side.

Failure to do so could run you $500 and three demerit points.

Traffic enforcement Sgt. Mark Gatien said police won't have much mercy once the crossings are open.

"There will be charges laid, if applicable, right from the get-go," Gatien said.

"The grace period will not happen."

The new crossings were added to Ontario's Highway Traffic Act on Jan. 1. They're marked by signs, flashing lights or both, with white stripes on the pavement.

Klaus Beltzner, president of the Manotick Village and Community Association, said he's been waiting "such a long time" to install one in his village.

He said many residents j-walk across Manotick Main Street to the shopping centre, rather than trek down to the street's one traffic light.

A new crossing will open this August at Main and Tighe streets.

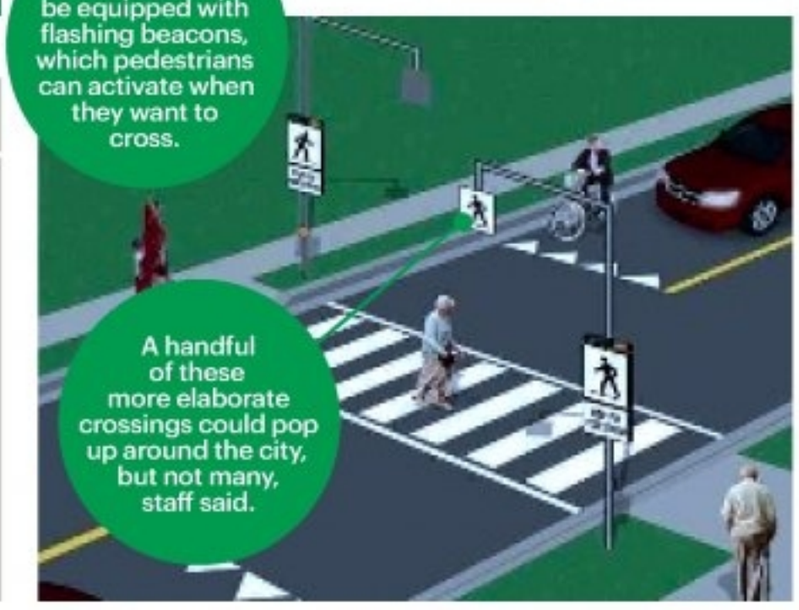
"We're going to have a really good celebration," Beltzner said.

Crossings are planned for virtually all wards, leaving out only Innes, West Carleton-March, College and River wards.

The city plans to install up to 60 a year for the next three years as part of a pilot project. This year's work cost $475,000.

MINISTRY OF TRANSPORTATION

Council doesn't allow this type of intersection right now, so we won't see any here, at least during this pilot project, staff said.



ENFORCEMENT

No mercy:
Ottawa Police will start ticketing the crossovers on June 13, when the first one opens. Here's what you could face.

Drivers:
$150 to $500 fine with 3 demerit points if you don't yield to pedestrians.

Cyclists:
150 to $500 fine if you don't yield, and another $85 if you don't walk your bike when using the crossover yourself.

Pedestrians:
$35 fine if you start crossing without making sure traffic sees you.

"You can't step off whenever you feel like it and expect everyone to come to a grinding halt," Gatien said.

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FIRST NATIONS

Wynne issues apology

Premier Kathleen Wynne offered a formal apology Monday on behalf of the Ontario government to First Nations, Métis and Inuit communities for the "brutalities" suffered at residential schools.

"I apologize for the polices and practices supported by past Ontario governments and for the harm they caused," she told the legislature as indigenous leaders and residential school survivors looked on.

"I apologize for the province's silence in the face of abuses and deaths at residential schools. And I apologize for the fact that the residential schools are only one example of systemic, intergenerational injustices inflicted upon indigenous communities throughout Canada."

The apology was part of the province's reaction to the 2015 Truth and Reconciliation Commission, which found that children were physically and sexually abused and died in numbers that would not have been tolerated in any school system.

Wynne said Ontario wants to acknowledge "one of the most shameful chapters in Canadian history" and added that the province will teach a new generation of students the truth about our shared history.

Regional Chief Isadore Day, who also spoke during the special session in the legislature, talked about the "unspeakable abuse," the residential school survivors, their children and grandchildren have suffered.

Andrew Wesley, a survivor of the residential school system, told the politicians that it took a long time before he could speak about his pain.

"The old ones tell us that when we come into this world we're given one canoe and one paddle and as we travel the rivers of life, for many of us, the survivors, we got stuck in the rapids and we stayed there for many, many, many, many, many years before we start talking about the abuse," he said.

Ontario will spend $250 million over three years to help understand the legacy of residential schools and to create what Wynne called a culturally relevant and responsible justice system.

The Truth and Reconciliation commission issued 94 recommendations such as reducing the number of aboriginal children in foster care and granting police greater independence to investigate crimes where government may be an interested party. THE CANADIAN PRESS

Judge rules to let student return to elected position

CARLETON

Disqualified candidate wins case, but appeal is considered

Haley Ritchie
Metro | Ottawa

A Carleton University student elected to student government but later disqualified has won a court case allowing him to return to his elected position.

Ashley Courchene, a third-year political science major, was elected in January. He won by 21 votes but was swiftly disqualified the next day after a complaint that another member of his slate (the student equivalent of a political party) had broken campaigning rules. The entire Change slate was disqualified as a result.

After trying to appeal the decision inside the university, Courchene took CUSA to court in April.

Judge Timothy Ray released his final decision on May 27, siding with Courchene that the disqualification of the entire slate was unfair and reinstating him as vice-president student services.

> It might be a little awkward at first but I don't want to fight anybody.
> Ashley Courchene

Courchene said he was pleased by the decision and is looking forward to advocating for lower tuition fees and making the association's hiring and election process more equitable.

"It might be a little awkward at first, but I don't want to fight anybody. I'm here to serve students, and that's what I want to do," he said.

CUSA president Fahd Alhattab said the judge's decision was "shocking" and the legal team is looking into the possibility of an appeal.

"It was very much his opinion, not the application of the law," said Alhattab. "There's quite an interesting, problematic thing that happened here. The judge essentially not liking what happened and ruling on an opinion."

Alhattab said the association's electoral board is an experienced body that offers its own appeals process.

He emphasized any possible appeal of this case would be motivated by the decision's implications for CUSA's election rules, and not on Courchene's ability to do his job or personal grounds.

Alhattab said the legal process cost the student association $40,000. Courchene said his savings covered his legal fees.

I WANT TO RIDE MY BICYCLE CYCLING IN STYLE Environment Minister Catherine McKenna and XO Velo blogger Zara Ansar fashionably take to Ottawa's streets for Bike Day on the Hill. The theme of this year's event, which invites everyone to ride bikes with MPs and Senators around Parliament Hill, was fancy dress. HALEY RITCHIE/METRO NEWS

SCIENCE

'No experience, no Allen key, no instructions'

A team of Ottawa-based federal scientists and engineers make the reality TV cast of Extreme Makeover: Home Edition look like rookies when it comes to building a house.

Head up a few stairs and through the already open door and you've entered one of the most energy efficient portable homes in the city, if not the country. And it took four people just four days to build it.

"No experience, no Allen key, no instructions," says Dean Haslip, director general of the CanmetENERGY Research Centre.

You've likely passed the research centre's roadway signs countless times while driving on Robertson or Timm roads, perhaps even going so far as to wonder where the winding road leads beyond the trees at 1 Haanel Dr., between Kanata and Bells Corners. The Natural Resources Canada site is said to be Canada's most diverse clean-energy science and technology facility.

The Rapidly Deployable Northern House, as it is called, is just one of the many scientific breakthroughs the centre's teams are working on in their quest to advance clean-energy solutions and product development that has economic and environmental benefits, such as reducing greenhouse gas emissions, for homes, businesses and industry.

While some concepts at the centre take years to perfect, there have also been eureka moments when the specialists know they've got something.

The Northern house was one such success story.

"Necessity is the mother of invention. We moved out here two years ago and we needed an office space," says Mark Douglas, research and development manager of the centre's alternative energy lab.

He and his 11-member team quickly considered the bigger picture.

"We sat down and said, 'Can we not do something that shows some leadership of what a home could be for the North?'"

Within six months they crafted the 90-square-metre single-storey home, designing it to cost no more than $150,000 — half what it costs to build a typical house in the North.

The prototype was a hit when it was unveiled to the public during Doors Open Ottawa two years ago, and Haslip has no doubt it will be a main attraction when the centre opens its doors during the free event on Saturday, June 4, from 10 a.m. to 4 p.m. ERIN MCCRACKEN/METROLAND MEDIA

Dean Haslip and Mark Douglas stand outside a breakthrough invention known as the rapidly deployable northern house. ERIN MCCRACKEN/METROLAND MEDIA

The Beechwood Farmers' Market bouncy castle will not be making an appearance at this year's summer market. After a storied past, including being stolen in July 2015, event organizer Chris Penton was happy to bring it back, only to find out he needed an amusement park operator licence.
COURTESY CHRIS PENTON

Market's bouncy castle grounded

EVENT

Kids' hopes deflated after manager told he needs permit

Michelle Nash Baker
Metroland Media

The Beechwood Farmers Market will open on June 11 with a slew of new activities and new events throughout the summer but one thing will be missing — its bouncy castle.

It was last summer that the bouncy castle saga began when thieves stole the commercial-sized 400-pound castle before a farmers' market last July, leaving the rest of the market's summer schedule operating without the bouncing joy of children.

So when market manager Chris Penton had the opportunity to open a winter Beechwood Farmers' Market at Saint Charles Church he was happy to inflate a brand-new bouncy castle. But it was only moments into his first market that Penton was greeted by a patron — who identified himself as a Technical Standards and Safety Agent.

"The bouncy castle had found the perfect venue in which to make its triumphant return as the main attraction," Penton said. "He introduced himself as a local parent, happy customer and TSSA safety officer. The acronym floating by me, I focused on the words safety and officer."

Penton said he was informed that he needed a special permit to have the bouncy castle in a public venue.

"Totally blindsided, I found myself deflating our main attraction," Penton recalled, saying no fewer than a dozen youngsters had disappointed faces.

After that market, Penton looked up exactly what the agent meant by a permit.

"It turned out it was a pretty big deal in the regulation of Ontario elevators, electricians, boilers, ski lifts and amusement parks," he said.

Penton has been an event organizer for farmers' markets since 2009 and admits ignorance when it came to bouncy castle licensing requirements within the province.

He said from his research he found that to have the bouncy castle it would require that he acquire an amusement park operator's licence. Or to rent one weekly from a local company who has a licence.

Penton said it would cost upwards to $1,000 to have this licence.

So, in long story short form, there will be no bouncy castle at the market this year.

There will however be a John Deere tricycle for children to ride and helmets will be provided, Penton said.

VISITING

The market operates at 135 Barrette St. and will open on June 11 and run until Oct. 8.

FOOD

Community garden rallies from theft, calling all green thumbs

The community outreach program at the West Carleton Legion continues to grow with the opening of its free community garden this past weekend.

The launch of the community garden was delayed after $300 to $500 worth of materials was stolen from the legion over the winter, said John Woodbeck, community outreach committee chair with Sean McCarthy.

"Someone or some people decided they needed the dirt and boards more than we did," said Woodbeck.

The legion was able to replace all the stolen goods thanks to its partnership with the Carp Ridge Learning Centre, he said.

Now that the community garden is ready for the growing season, Woodbeck is hoping people will come forward to claim the remaining plots.

The community garden features 28 plots, and more than half are still available to those who would like to grow their own produce.

"The cost is right, it's nothing. We decided to waive all the fees," he said.

The community garden plots are open to anybody — people don't need to be members of the legion to take part and they don't need to have prior gardening experience, said Woodbeck, who's been growing vegetables for more than 30 years.

Sean McCarthy, left, and John Woodbeck, with the West Carleton Legion's community outreach program, build the garden boxes. The community garden at the legion officially opened on May 28 and a number of plots are still available. CONTRIBUTED

"We have people on site to help, all you have to do is ask. The whole idea is to get people out in the community, do some gardening, interact," he said.

The community garden will be accessible seven days a week, from 7 a.m. to 7 p.m.

The outreach program is a multi-phase endeavour with a focus on food security.

Legion Branch 616, located in Constance Bay, has revamped its TGIF meals with two choices of protein and various side dishes, vegetables and dessert on Fridays. The cost is $10 for adults and $5 for children under age nine.

There is also a meal subsidy program in place for those in need.

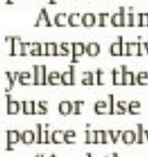
Free healthy cooking classes are scheduled to begin around mid-June and the legion is looking for people who are interested in taking part.

JESSICA CUNHA/METROLAND MEDIA

‘Sitting idle is not an option’

TOLERANCE

Bus driver intervenes as man makes racist remarks



Lucy Scholey
Metro | Ottawa

An OC Transpo driver stood up for Hailey after another passenger started making racist remarks. LUCY SCHOLEY / METRO

An OC Transpo bus driver is being called a hero after standing up for a young Muslim woman who was bullied for wearing the niqab.

Hailey (who only wants her first name used for privacy reasons) said she had just boarded the bus to the Rideau Centre on May 12 when a fellow passenger started calling her a terrorist and freak for her traditional head and face covering.

“At one point, he yelled at me to assimilate,” said the 20-year-old University of Ottawa student.

Five minutes into the packed bus ride, other passengers started telling the man to get off the bus. Apparently he had been making rude comments to other people during that trip.

According to Hailey, OC Transpo driver Alain Charette yelled at the man to get off the bus or else he would get the police involved.

“And the guy was like, ‘But look at her, sir, I’m afraid of her.’ And the bus driver was like, ‘You shouldn’t be afraid of her, you should be afraid of me,’” Hailey recalled.

Hailey said the incident startled her, but mostly because of Charette’s kindness.

“It’s easy to just keep doing your job and just let the situation take care of itself but it takes real courage to actually stand up and stop it,” she said.

At Hurdman Station, the last stop of the ride, Hailey thanked Charette and asked for a selfie. She later wrote an article for Muslim Link, which has since garnered a lot of attention on social media.

“I didn’t even know his name,” she said. “I was hoping to get the article out just to tell the story and raise awareness, but also so he could get recognition because I think he deserves it.”

Charette has since posted a reply on his Facebook page, thanking Hailey for the article:

“Sitting idle is not an option. You are either part of the problem or on the side of the solution. I thank all those riders who made me aware of the problem by speeking (sic) up for you. I was a little slow to react because the noise of the bus was drowning everything and the attention needed to the driving part of the job. But once aware and parked, I had to speek up (sic). Happy to have been able to make a difference when life was challenging me to do it.”

> You are either part of the problem or on the side of the solution.
> OC Transpo driver Alain Charette

Amira Elghawaby, communications director of the National Council of Canadian Muslims, said Charette is a hero.

“It isn’t often that people necessarily know what to say or how to intervene if they do see somebody targeted in this way,” she said. “The actions of the bus driver are to be highly commended.”

She said she has been a victim of anti-Muslim bullying herself multiple times in the last 10 years. In one incident, a group of young men swerved their truck toward her while she was in a parking lot while they shouted profanities at her. She said Muslim women are often the targets of Islamophobic acts.

Hailey has heard it before. Last October, when she was wearing a hijab — a traditional Muslim headdress that covers the hair but not the face — a man on a bus called her second class.

Even while walking in her picturesque, tree-lined neighbourhood near Algonquin College, Hailey said a man rolled by in a truck and yelled profanities at her.

But this latest incident has caused her a deal of anxiety, she said. She now carries a tiny container of dog repellent because the bus is her primary mode of transportation.

People don’t have to agree with her religion, but Hailey said she wishes they would put a lid on the hurtful comments. The insults won’t stop her from wearing the niqab.

“If you gave up on what you believe in just because someone didn’t like it, everyone would just be a carbon copy of each other and there would be no diversity.”

TOURISM

Keep the party going after 150th: City

Ottawa has yet to start the party for Canada’s 150th anniversary, but the city is already trying to figure out how to nurse its hangover.

There has been so much effort on pumping up the festivities for 2017 that tourism experts, business owners and city officials met at the Shaw Centre on Monday to talk about the following years.

“A hangover would be symbolic to what other communities have gone through after an event — the Olympics or the Pan Am games,” explained Steve Ball, president of the Gatineau-Ottawa Hotel Association.

“There’s such a hype or such a buildup to a particular event that when it’s over, often communities haven’t planned the great next thing.”

With a 20 per cent tourist boost for 2017, he’s expecting high occupancy rates at the region’s hotels.

20%

Ottawa is in line for a 20 per cent tourism boost next year during anniversary celebrations.

But the important thing is to keep that momentum going into 2018 and beyond, he said.

Guy Laflamme, executive director of Ottawa 2017 bureau, said the city will be able to continue hosting most 150th anniversary activities in future years, including the massive interprovincial picnic that will overtake Alexandra Bridge.

“Why not make it a new tradition for Ottawa?” he said.

He added that the Red Bull Crashed Ice event should also return every three years, anticipating its inaugural success in the nation’s capita;.

“We feel that with the extraordinary, spectacular program we’re pulling off in 2017, people won’t see Ottawa the same way,” he said.

“We will have a much more vibrant dynamic, refreshing, contemporary image.”

LUCY SCHOLEY/METRO

GREY CUP AND NHL WINTER CLASSIC

Mayor wants sports on tap for sesquicentennial in capital in 2017

The City of Ottawa is still waiting on news about whether the community will host the Grey Cup and NHL Winter Classic.

They are two of the three milestone events Mayor Jim Watson wants to secure for Canada’s 150th anniversary next year.

“We’re very confident that we’ll get good news on that in the next couple of months,” he said about the Grey Cup.

As for the NHL Winter Classic, the city is still waiting on cost details of putting the game on Parliament Hill or at Lansdowne Park.

The federal government response has been “very positive,” he said.

He said a Lansdowne game would be “second best.”

The city has already secured Watson’s third anchor event, the Juno Awards.

METRO

WILDFIRE

2,000 can't go home 'until September'

Alberta Premier Rachel Notley says up to 2,000 evacuees expecting to move back to their homes in fire-damaged Fort McMurray this week will not be able to do so until possibly September.

She says more than 500 homes and about a dozen apartment complexes that escaped a wildfire earlier this month in three otherwise heavily damaged neighbourhoods are not safe to be lived in yet.

5,800

The fire is still burning and covers about 5,800 square kilometres, but is not expected to grow significantly.

She says that conclusion was reached with health experts following tests on air, soil, ash and water

"Unfortunately, I have to report today that the outcome of these tests indicates that undamaged homes in certain neighbourhoods are not immediately safe for reoccupation," Notley said Monday.

"More than 500 homes that were not damaged by fire have been determined to be unsafe for habitation at this time."

The premier says it's not safe to return until toxic ash and debris surrounding the homes have been removed. Residents will need to stay elsewhere until it is safe to go back.

Arrangement will be made for people from the affected homes to make a one-time visit.

"While these homes are not safe to live in until further remediation and clean-up of the neighbourhoods is complete, we believe it will be possible to arrange for these residents to temporarily return to inspect their residences and retrieve their belongings."

The Red Cross also announced Monday that it is releasing another $20 million from donations to everyone able to move back safely at this time.

Returnees are to receive $300 for the first person in a household and $50 for each additional person. The electronic transfer of cash is intended to help with immediate expenses such as buying cleaning supplies and replacing rotten food. THE CANADIAN PRESS

Evacuees look on as the wildfire approaches Anzac. The community had to be evacuated in a rush. KEVIN TUONG/FOR METRO

The man who saved an entire community

Return to FORT MAC

Anzac was considered safe, but it was overrun

Ryan Tumilty
Metro | Edmonton

The fire that consumed Fort McMurray has often moved at breakneck speed, pushing into neighbourhoods and overwhelming firefighters. It has jumped fire breaks, crossed rivers and burned through areas considered safe.

Anzac, the tiny hamlet south of Fort McMurray had been a safe haven for evacuees, but in just a few hours on May 4, the community was nearly overrun.

When the community needed to exit in a hurry it was Dale Bendfeld, who made the call and evacuated 450 people in three hours.

Dale Bendfeld
METRO

For McMurray fire chief Darby Allen, has repeatedly rejected the label of hero for himself, but he was eager to label Bendfeld, the community's director of protective services, as one.

"We didn't think there was a fire in Anzac that night and we found out in a hurry that there was," said Allen at a news conference earlier this month.

Allen gives full credit to Bendfeld for getting people out of that community in time to avoid any loss of life.

"With a couple of people and a flashlight he evacuated 450 people in two hours, that is true heroism," said Allen.

Bendfeld, not surprisingly, downplays his role.

"It's not just me and this flashlight. It is about everybody coming together and getting people out," he said.

Bendfeld does agree with Allen that the fire's move toward Anzac caught people by surprise. The community is 50 kilometres from Fort McMurray and Bendfeld said he drove over just to discuss the possibility of an evacuation in the days ahead, but when he arrived he knew it couldn't wait.

"The whole horizon was nothing but smoke and flame," he said.

Bendfeld said they had to move past bringing in transit buses and getting all the resources they could to move 450 people.

"Within the three hours it was already in the back yards of some of the homes," he said. "You could see the flames already in the community."

In Anzac that night and throughout the crisis, Bendfeld said people just did what had to be done. He said none of what has gone on would have been possible without people eager to work together.

"A lot of community spirit helped that," he said. "People were taking care of neighbours and that was phenomenal."

LEGISLATION

Pit bull Lucy crosses Ontario despite ban

Lucy the pit bull has made it across Ontario.

The dog and her family, among more than 80,000 residents evacuated after a wildfire spread into Fort McMurray, Alta., were stuck in Manitoba last week while trying to drive across the country to their home province of Prince Edward Island.

A law banning pit bulls in Ontario prevents the breed from even travelling through the province, and the family spent several days at a hotel in Brandon, Man., trying to figure out what to do.

Their predicament made headlines and resulted in an outpouring of support from other dog owners.

The Ontario government also reached out, said Lucy's owner, Tera Joseph. The province clarified that Lucy could land at the Toronto airport since it's under federal jurisdiction, she said.

The dog, along with Joseph and her three-year-old son, flew Saturday from Winnipeg to Toronto before arriving in Charlottetown.

THE CANADIAN PRESS

WINNIPEG

Ducks' tale has happy ending

Shane Gibson
Metro | Winnipeg

Talk about some lucky ducks.

A group of newly-hatched ducklings that got stuck after falling into a sewer in St. Vital, Winnipeg over the weekend have been reunited with their mother thanks to a group of neighbours and the Wildlife Haven Rehabilitation Centre.

The neighbours called the local wildlife rescue organization after noticing the mother duck working frantically to free her ducklings from a sewer drain.

"Ducklings can be quite small, they're all just fluff, so they can easily fall through a drain," said Wildlife Haven Rehabilitation Centre's Tiffany Lui Monday. "It's quite possible they were walking and they all just kind of tumbled in there.

By the time a Wildlife Haven Rehabilitation Centre volunteer got out to the scene the growing group of neighbours had managed to free all the ducklings from the sewer drain, but there was a new problem — the mother had flown the coop.

After having no luck searching for mom, the baby ducks were packed up into a box to be taken back to the Wildlife Haven Rehabilitation Centre where they would be cared for by volunteers before eventually being released back into the wild. But at the last second momma duck returned, and didn't seem very grateful for the help.

"I think she was more mad at us for being near her babies," laughed Lui.

So just like that — and after quite the adventure — the ducklings hopped out of the box and marched off dutifully behind their mother.

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An 'Iron Dome against hatred'

HAND IN HAND

School brings together Israeli and Palestinian children

Hand in Hand runs six schools, boasting some 1,320 Jewish and Arab Israeli students. CONTRIBUTED

The news from Israel is often bad: attacks on Jews by young Palestinians and reprisals by Israeli forces. Expanding settlements in the West Bank. Escalating fear and hostility. Plummeting prospects for peace.

But a group of dedicated educators is working to bring the two sides together — not at the bargaining table, but in the school room.

"We're giving hope where leaders have failed," says Mohamad Marzouk, director of the community department for the bilingual and bicultural Hand in Hand schools.

"A kindergarten child goes to an Arabic or Hebrew school and never experiences the existence of children on the other side. This ignorance of the other creates mistrust and fear," he says.

Marzouk and Rebecca Bardach, Hand in Hand's director of resource development and strategy, are in Toronto on a tour.

"Hand in Hand is my Iron Dome against hatred," says Bardach, referring to Israel's missile defence system. "I can't change what is happening politically, or the minds of people who hate each other. But I believe we can overcome that sense of helplessness with understanding."

Hand in Hand, boasting some 1,320 Jewish and Arab Israeli students, and a lengthy waiting list, was founded in 1998 with one school in Jerusalem. It has now expanded to six.

The security wall between Israel and the Palestinian territories is physically and psychologically divisive, says Bardach. But the two separate language streams of the Israeli school system are a "huge contributing factor" to mutual misunderstanding between Jews and Arab Israelis.

"Children aren't growing up learning about differences, what we have in common and building common ground," she says.

Not so in Hand in Hand schools, where children are taught by Hebrew and Arabic-speaking teachers.

They partner with children who speak the other language, and study together. They also learn the missing links in mainstream curriculums — the other's religion, culture, food, daily life and history. Elements that allow them to see their counterparts as fellow humans rather than enemies.

Outside the classroom they play together, picnic together and celebrate each other's holidays.

They and their parents have weathered nearly two decades of anger, violence, war and political outbursts in the world around them, including a 2014 firebombing of the Jerusalem school by Jewish extremists.

The traumatic event shook parents and children. But they were helped through it by the school's tradition of unflinching dialogue on the events around them.

The success of the Hand in Hand community has led to expansion, but on a shoestring. Its $9 million-a-year budget is financed by the Israeli government and private donations. Scholarships are available, but fees are $1,200 a year. "Not easy to afford" in Israel, Bardach admits.

Both she and Marzouk believe it's worth the investment, and each has enrolled their own children. TORSTAR NEWS SERVICE

CINCINNATI ZOO

Advocates criticize gorilla killing

Dozens of animal rights advocates and others held a Memorial Day vigil at the Cincinnati Zoo in remembrance of a gorilla that was fatally shot to protect a 4-year-old boy who entered its exhibit.

The male western lowland gorilla named Harambe was killed Saturday by a zoo response team that feared the boy's life was in danger.

Anthony Seta, an animal rights activist in Cincinnati, called the death "a senseless tragedy" but said the purpose of Monday's vigil wasn't to point fingers. Rather, he said, it was a tribute to Harambe, who turned 17 the day before he was shot.

People have taken to social media to voice their outrage about the killing. A Facebook page called "Justice for Harambe" was created Saturday night, along with online petitions and another page calling for a June 5 protest at the zoo. THE ASSOCIATED PRESS

EQUALITY

'They're hunting for us': Trans teens fearful amid bathroom wars

When Lucas Rixon has to go to the bathroom, the guys know what to do. They come with him, no questions asked.

Sometimes they enter the facilities too. Sometimes they stand sentry at the door. At any public place in Greenville, N.C., two or three straight cisgender teenagers turn into bodyguards for their transgender buddy.

"Because they're terrified for me," Rixon, 17, said over the phone. "And I'm terrified for myself." He has felt particularly endangered since March. That's when his trips to the toilet became the subject of a state uproar and then a national uproar.

Communities across America are suddenly in the grips of emotional battles over whether transgender people, especially students, should be allowed to use bathrooms that match their gender identity. Once a little-noticed sideshow to seismic fights over gay and lesbian rights, the bathroom wars have sprung to the fore as other disputes have faded and transgender advocates have become more visible and more vocal.

Social conservatives have lost clash after clash during the Obama era. In school bathrooms, they have found an issue on which they can win. At least temporarily.

Acceptance of transgender people lags far behind acceptance of gays and lesbians. Polls suggest a slight plurality of Americans, about 45 per cent, thinks people should be forced to use the bathroom corresponding to their sex on their birth certificate.

The Christian right found a model for victory last year in Houston. Seeking to repeal a

A gender neutral sign is posted outside a bathroom in Durham, North Carolina on May 11. GETTY IMAGES

city anti-discrimination law that prohibited discrimination the grounds of sexual orientation and gender identity, conservatives ran a fear-mongering referendum campaign focused on the slogan "no men in women's bathrooms." They prevailed.

Seeing opportunity, Republicans have this year pushed "bathroom bills" in more than 15 states. North Carolina is the only state to pass one so far.

Social conservatives continue to insist that nobody is truly transgender, that tens of thousands of teenagers like Rixon are just "searching." Tanya Ditty, Georgia state director of the evangelical group Concerned Women for America, said discarding your birth sex is akin to "erasing what a loving God has designed."

The Obama administration issued a letter implicitly threatening to deny funding to school districts that don't let transgender students use bathrooms matching their gender identity. Eleven Republican-led states are now suing, arguing that the directive "has no basis in law." TORSTAR NEWS SERVICE

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BRAZIL

Gang rape proof escapes police

Police investigating a gang rape possibly involving more than 30 men said Monday that they have no doubt the assault happened but that tests on the 16-year-old victim were done too late to provide conclusive evidence.

The attack has shocked Brazilians and put a spotlight on the endemic problem of violence against women in Latin America's most populous nation.

Two men, including the boyfriend of the victim, have been arrested in connection with the crime and four others sought by police are still on the loose.

The alleged attack happened in a slum in Rio de Janeiro on May 21. It came to light because a video clip and images were shared online.

> **Traces were lost because of time.**
> Fernando Veloso

Rio police chief Fernando Veloso said the rape kit tests were done five days after the incident, well beyond the recommended 72-hour window.

"We did not collect evidence of violence, but this does not mean that there was no violence," said Veloso, who added that authorities did not learn of the incident until the posts appeared several days later. "Traces were lost because of time."

Veloso said police believe the gang rape happened because at least three men were involved in the video. However, they were not able to determine how many people participated in total, he said. The girl has testified there were 33 men. THE ASSOCIATED PRESS

Debt affects mental health

STUDENTS

Schools beefing up services for those impacted

Many of this year's new post-secondary graduates have left the academic world carrying tens of thousands of dollars in debt. Meantime, those heading to college and university this fall will soon contend with steep tuition rates that often result in a similar burden.

While schools attempt to lessen the load by offering financial aid, average student debt appears to be climbing. So some institutions are also responding by beefing up their mental health services to help students cope with life in the red.

"We're worried about one type of debt — student debt — and we want to know how to pay it off as quickly as possible," said Dillon Collet, who is about to enter his final year at the University of Toronto's faculty of law and sat on the dean's advisory committee on financial aid.

The committee organized a financial aid workshop that discussed the psychology of debt. It was well-attended, Collet said, with about 60 students in the room and a lineup outside.

Estimates suggest average student debt in Canada is past the $25,000 mark.

In 2013-14, graduates finished school with an average of $12,480 in federal loan debt, according to numbers from the Canada Student Loans Program.

However, that figure doesn't include provincial or private loans. The Canadian University Survey Consortium surveyed more than 18,000 graduating university students from 36 Canadian universities for its 2015 annual report. The average debt-ridden student owed $26,819.

Such a debt load can have an impact on a student or graduate's mental health, though only a small amount of published research exists on the apparent link.

> **We're worried about one type of debt — student debt.** Dillon Collet

A 2015 journal paper analyzed data from a U.S. Bureau of Labour Statistics survey of more than 8,000 youth in the United States — where tuition fees are significantly higher than in Canada — to determine if debtload and psychological well-being were connected.

"Students who took out more student loans were more likely to report poor mental health in early adulthood," said one of the paper's authors, Katrina M. Walsemann, an associate professor at the University of South Carolina.

Canadian experts have also noticed a link, even though Canadian students don't generally go into as much debt as their American cohorts.

Jillian Yeung Do, York University's director of student financial services, witnessed it while working with a student. While she couldn't provide much detail for privacy reasons, she said she became really concerned about a student.

"After that encounter, I decided that it would be a good idea to … be trained in having these conversations with students," she said.

THE CANADIAN PRESS

The average debt-ridden student owed $26,819, according to Canadian University Survey Consortium. Such a debt load can have an impact on mental health. ISTOCK

IMD

Canada down in competitive ranking

A plunge in commodity prices hurt Canada as it fell to 10th place in the latest rankings of business competitiveness by the IMD World Competitiveness Center, its worst position in several years.

The Swiss-based group, part of the IMD business school, ranked Canada in fifth place last year.

The drop came as the downturn in commodity prices hits the economy hard and dragged down its ranking in several key categories for economic growth.

"I think most of the major issues that originated the drop in the ranking are external to Canada, something that is out of the control of policy-makers at the moment," said Jose Caballero, senior economist at the IMD World Competitiveness Center.

The rankings, which judge a country's ability to create and maintain an environment that helps businesses remain competitive, are based on both statistical data as well as an executive opinion survey. THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Tuesday, May 31, 2016

ROSEMARY WESTWOOD
ON THE TORIES' NEW POLICY DIRECTION

The low support for banning gay marriage underlines two facts, one hopeful, and one troubling: Most Canadians, even the religious, appear to have moved on. And yet, a sizable portion refuse to.

I think it's safe to say people generally find other people confounding, perhaps especially their beliefs. Relevant to today: the belief that same-sex marriage is wrong.

This weekend, watching Conservatives celebrate their party's move towards the Canadian consensus on same-sex marriage felt like time travel. It'd been so long since anyone seriously debated it that I hardly remembered an anti-same-sex-marriage stance was still in their party platform. The apparently dramatic, emotional vote during the Conservative's Vancouver convention led to many odd questions. Hadn't we settled this a decade ago, both through numerous court rulings and the passage of the Civil Marriage Act? And hadn't that been too long in coming as it was? So how could such a move, then, bring some to tears?

Fully 70 per cent of Canadians support same-sex marriage, according to a 2015 Forum Research poll, while only 22 per cent disapprove. That's less than the number of Catholics in the country (38.7 per cent of the population), never mind the myriad of other faiths that may traditionally object to LGBTQ rights. The low support for banning gay marriage underlines two facts, one hopeful, and one troubling: Most Canadians, even the religious, appear to have moved on. And yet, a sizable portion refuse to.

Those are the people like MP Brad Trost, who has made a name for himself by opposing the new position at the convention. He dubbed it an effort to turn the Conservative Party into "Liberal light."

Last year, a National Post story wondered about the future direction of the party with the political capital of social conservatism "seemingly spent." The article suggested that instead of taking now widespread practices, like abortion or same-sex marriage, head-on in the courts or the House of Commons, conservatives were going to fiddle at the edges and work in "churches, charities and other civil institutions where they hope to shift the culture from within."

As we've seen in the U.S., working at the fringes can be extremely successful. Abortion services are being wiped from the south not through official anti-abortion policies, but through activism that has the same net effect.

And so, while I wanted to be deeply offended that Conservatives could congratulate themselves so heartily at being 10 years late to recognizing the rights of some Canadians, I find myself instead fostering a sense of wary support.

This surely is a sign of change among some, and that is good. But what of the hardline holdouts, those 22 per cent of Canadians who still opposed gay marriage? For them, this isn't over yet.

While I wanted to be offended that Conservatives could congratulate themselves at being 10 years late, I find myself fostering a sense of wary support.

Metro POLL
The Conservative same-sex pivot

The Conservative convention in Vancouver began last Thursday with Stephen Harper saying his formal goodbye, and ended on Sunday with the party having decided it was time to drop its opposition to gay marriage. Coincidence? Who can say. We asked, "Does the Conservatives' move to support gay marriage change your opinion of the party?" Here's how you responded:

53% No. This is just window-dressing. I still don't trust them.
16% Yes. It's not enough for me to support them, but I appreciate the gesture.
14% No. I was with them before and I'm still with them.
9% Yes. This decision makes me lose respect for the party.
8% Yes. I'd consider voting for them now.

It's a step in the right direction, but it's also an insult that the step is so small.

They have just lost a faithful supporter!

Leopards can't change their spots. Too little too late.

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HAVE YOUR SAY

When harmless council motions get out of control

COLLINS' CAPITAL

Steve Collins

A certain amount of council business isn't exactly city business. Feel-good proclamations, rah-rahs for sports teams and all manner of other fluff find their way into the council chamber, usually without offending.

June, for example, is Seniors' Month in Ontario. In theory, it would probably still happen without city input, but no chances were being taken last week, as council voted to officially declare it as such again this year.

Next up, Coun. David Chernushenko had an endorsement of the Blue Dot Declaration, which calls for recognition of a right to a healthy environment. About 130 municipalities, including Toronto, Halifax and Vancouver, have signed on.

"Well, following that lead," he joked, "anyone against the environment?"

As it turns out, yes. What ensued at times resembled a particularly unenlightening Twitter spat.

Coun. Rick Chiarelli warned this endorsement of environmental rights (described by Chernushenko as "symbolic," by city staff as "aspirational") would somehow result in the "unelected unaccountable" courts taking over all decision-making from elected officials.

As I was still trying to parse this stark choice between clean water or representative democracy, Coun. Allan Hubley noted Blue Dot is an initiative of the David Suzuki Foundation.

"I'm surprised that (seconder) Coun. Egli would want to support a motion from David Suzuki who creates more greenhouse gases than any one of your residents, and it's well-documented in the media," he said.

Suzuki, who admits to using airplanes (and buying carbon offsets) in the course of his travels, gets this one a lot.

"I was in Calgary at the airport, taking a leak," he told Postmedia earlier this year. "This guy pulls up at the next urinal, and says, 'I hope you flew in on a solar-powered plane, otherwise you're a g-damn hypocrite!'"

And there you go. If you fly, or live in a house, or eat food you didn't grow yourself, what right do you have to suggest anything's less than tickety-boo with the environment? As an argument, it has the advantage of being pretty much impervious to logic.

There was more. Coun. Jan Harder saw no point in passing the declaration just "to make Coun. Chernushenko feel good." Coun. Scott Moffatt warned someone might use this airy-fairy declaration to impose real costs on ratepayers. Then it passed 17-6.

It was a harmless bit of escapism, an opportunity for some councillors to blow off some steam and have some fun with the tree-hungers.

Council then got on with some actual city business, shutting down Coun. Riley Brockington's attempt to reopen debate on that surprise playground project at Mooney's Bay.

Declarations aside, city council doesn't have the power to guarantee you a pristine environment. It's just strange that a significant minority of council seemingly didn't think it should want to.

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Tuesday, May 31, 2016

Researchers find link between "alcohol identity" on social media and problems with drinking.

In taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of my friends.
Ofelia Legaspi

Ofelia Legaspi says many of the misunderstandings in her failed relationship stemmed from her social media creeping. Now wiser, she proposes having a mutual agreement to block your partner on social media. TORSTAR NEWS SERVICE

Cyber creeping: A gift and curse

PERSONAL ESSAY

A breakup calls for a social media detox but at what cost?

Ofelia Legaspi
For Torstar News Service

For one week, I quit cyber-creeping.

Fine, I'll back up a step. Let it be permanently known, in the annals of the easily searchable Internet, I once, out of youthful indiscretion, "creeped" the World Wide Web.

To me, this was never an issue. I see Facebook, Twitter and Instagram as an ecosystem of mutually nourishing connections. Memes give my mundane Mondays meaning. I can feel less guilty about not checking in with family for weeks at a time because they at least know I'm eating well from the looks of my Instagrammed salad. Social media is a beautiful thing — but, one day, I wanted nothing to do with it.

It all started when, five days before moving in with my boyfriend, he and I called it quits. Naturally, it happened at a wedding (open bar, vows encompassing one's lifetime).

My ex belongs to a curious sector of millennials who don't have Facebook. Instead, he opts for Twitter. Over the course of our relationship, I couldn't help but read into his tweets, feeling there were "subtweets" about our arguments. To add insult to injury, I scrutinized every person he followed, wondering if they were someone a respectable professional and/or committed man would follow.

I could have asked him, sure. But because I covertly obtained this information, I feared bringing it up lest I be accused (quite accurately) of creeping.

And so, after our breakup, I knew what I had to do: block him on Twitter.

The medium, for me, was like having a superpower and, like many gifted fictional characters, I had come to learn this gift could be a curse. For once, I didn't want to know what was on my ex-boyfriend's mind, or comb through our tweets from better times. I just wanted to heal without the 140-character assault of nostalgia eroding what flimsy progress I made.

And, by kicking the creeping, I realized that many of the misunderstandings in our relationship had been because of the knowledge, however unreliable, I'd gleaned from his tweets — knowledge I'd burdened myself with. Instead of coming to me, he would take to Twitter. Instead of coming to him, I would parse his tweets for subtext. Our lack of communication and the passive-aggressive way we had dealt with our frustrations had rendered our relationship doomed from the start.

However, in taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of friends. And I did miss the multimedia experience of connecting with people who I didn't wish to quit: the illustrated updates of my friends' meals ("I've perfected the triberry smoothie!"), Soundcloud links to someone's hour-long take on The Hateful Eight and photos of my proliferating clan's pink little newborns.

Cyber-creeping isn't always a pleasant journey, but it is always life-affirming. Without lifelines like my lifestyle bible, Instagram, I found it hard to launch my butt from bed to barbell bench because I felt alone in my struggles to be healthier. I found that I mostly creep to get out of my head and affirm my shared journeys with others.

My colleague suggested something curious and a bit extreme that I want to leave you with: have a mutual agreement with your partner to block each other's social media accounts. It's an insane idea.

And it just might be crazy enough to work.

RESEARCH

Mother's fruit consumption linked to higher IQs in babies

A Canadian study, published in the journal EbioMedicine, has found that women who ate more fruit during pregnancy had children with higher IQs at one year old.

In a recent study, Canadian researchers from the University of Alberta found that one of the factors contributing to improved cognitive development in children was the amount of fruit their mothers ate during pregnancy.

The scientists studied 688 one-year-old babies, who were controlled for factors otherwise affecting their learning and development, such as family income and parental education.

They found that the mothers who ate six to seven portions of fruit per day — including juices — had children with IQs six or seven points higher on the standard scale at one year old.

"We know that the longer a child is in the womb, the further they develop — and having one more serving of fruit per day in a mother's diet provides her baby with the same benefit as being born a whole week later," explains Dr. Mandhane, the study's senior author.

6 or 7

Mothers who ate six to seven portions of fruit per day — including juices — had children with IQs six or seven points higher on the standard scale at one year old.
AFP

In spite of their discovery, the researchers warn pregnant women against going overboard on fruit, which contains fructose, as this can lead to complications such as gestational diabetes and high birthweight.

These initial findings will be followed up by more research, investigating whether the positive effects of fruit consumption on cognitive development persist in children over time. The scientists also plan to study the impact of fruit consumption on cognitive functions such as planning, organizing and working memory.

AFP

Improved cognitive development in children has been linked to how much fruit their mothers consume while pregnant.
ISTOCK

Female sports pros pressured to look as good as they play

Eugenie Bouchard's battle with an eating disorder is a common affliction for women at the top of their sports, experts reveal

Eugenie Bouchard recently said she found it hard to keep food down when she was in the sports spotlight last year. MATTHEW LEWIS/GETTY IMAGES

Eugenie Bouchard's admission that she battled an eating disorder during her precipitous fall in the women's tennis rankings came as no surprise to one former Olympian who now works as a sports psychology consultant to some of Canada's top athletes.

Former elite runner Penny Werthner says female athletes are held to a much different standard than their male counterparts.

"The women athletes are criticized for what they wear, what they look like, whether they're fat or not," said Werthner, also dean of the faculty of kinesiology at the University of Calgary.

"When was the last time someone commented on what (Novak) Djokovic looked like? Or (pointed out that Rafael) Nadal is short?"

Bouchard revealed earlier this week that she suffered from an eating disorder brought on by "a lot of pressure" following her 2014 breakthrough, when she finished the year ranked seventh in the world.

The career-high came after her loss to Petra Kvitova in the Wimbledon final and semi-final appearances at the French Open and Australian Open.

The success of that season quickly launched her to tennis superstardom, drawing cameras, media and fans wherever she went.

> Women athletes are criticized for what they wear, what they look like, whether they're fat or not.
> Penny Werthner

But the streak didn't last. Her first match after the Wimbledon final was the Rogers Cup in Montreal, where the hometown favourite disappointed with a 6-0, 2-6, 6-0 loss to 113th-ranked qualifier Shelby Rogers.

It didn't get much better as the year wore on. Her ranking plummeted to 48th at the end of 2015.

Bouchard now says last year also featured a private battle to maintain her weight.

"I just felt so nervous, it was hard to eat before matches and sometimes at other meals, just hard to keep it down. I didn't try to lose weight, but it definitely happened. It was definitely a cause of the stress. I've learned a lot from it, and I know I just have to force food down my throat even if I feel sick because I am burning so many calories."

Werthner says the push to succeed is especially hard in tennis because it's a solitary sport and comes with the added pressures of courting sponsors and endorsement deals.

She said it can be especially hard for women to rebound from a loss because they tend to take failures personally, while men will sometimes place the blame elsewhere.

"You lose a match and then you lose a little bit of confidence and then maybe an eating disorder comes out of that or maybe it comes out of something else in her life that's not directly related to competitive sport," said Werthner.

Bouchard, currently ranked 47th, was eliminated from the French Open Thursday after a second-round loss to Timea Bacsinszky.

Marbella Carlos of the National Eating Disorder Information Centre in Toronto says eating disorders are common in "esthetic sports" like dance and gymnastics. She said tennis players also battle social stigmas that have nothing to do with their abilities.

"Even though they're elite athletes and do these incredible things with their bodies they're still looked at through a sexualized gaze, that definitely could have contributed as well," she said. THE CANADIAN PRESS

THE MOVES

Embrace beauty in imperfection with Bending Bonsai pose

Yoga instructor, YuMee Chung, moves through the blossoming lotus at Allan Gardens. MELISSA RENWICK/TORONTO STAR

YuMee Chung
Torstar News Service

Wabi-sabi is the Japanese art of perceiving beauty in the imperfect and impermanent. It honours the processes of decay and death and celebrates simplicity, authenticity and modesty above pruned and manicured perfection.

It asks us to explore our edges without clinging or grasping at success. Much better to reach and explore and even fall out of a pose than concretize around an ideal.

The Bending Bonsai, an inherently wobbly pose, is a great way to embrace Wabi-sabi.

1. Stand tall with the feet parallel and positioned directly beneath your lungs.

2. Shift the weight onto your left foot before bending the right knee and lifting right heel. Turn out at the right hip and place the sole of the foot against your left inseam at a height of your own choosing. If you feel at all ungrounded, keep your toes on or close to the ground.

3. Join your palms at the centre of your chest, then, while inhaling, grow your arms towards the sky like branches. Hands may touch or be separated shoulder distance apart. This is your garden variety Tree Pose.

4. Now, exhale and move the back of the right hand down to the front of the right thigh. Use the hand to gently encourage an opening of the knee away from your midline.

5. Inhale additional length into your trunk. Exhale while bending your tree toward the right. Allow your hips to curve gracefully away from the direction of your reach.

6. Gaze steadily ahead and imagine your legs are roots embedded deeply in the earth. Explore your balance for five supple breaths before changing sides.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

If your friends take risks, you will too

RESEARCH

Peer pressure very real when it comes to thrill seeking

Why do we sometimes take big risks — like skydiving or moving across the country — and other times play it safe? It could be thanks to our peers, suggests research from the California Institute of Technology that looks at the potentially "contagious" nature of risk taking.

The study looked at how 24 volunteers responded when asked to choose between taking $10 and making a risky gamble with a potentially higher payoff and found that, when the volunteers had previously watched a risk-taking peer, they were more likely to make the risky gamble themselves.

The findings reveal how passively observing others can influence someone's risk-taking behaviour, says Shinsuke Suzuki, a post-doctoral scholar in neuroscience and first author of the study.

So why the contagious effect? It might be because our neural response to risk is changed by watching others, Suzuki says, but it's an open question as to what psychological factors are driving it.

It's worth keeping in mind that this study is small, and it doesn't mean we're totally hardwired to mimic daredevil friends. Still, it does line up with research out of Temple University in Philadelphia, which found people sometimes take more risks when they're around their peers, particularly in their younger years — which probably comes as no surprise to anyone who knows a teenager.

Cognitive psychologist Andreas Wilke, an associate professor at Clarkson University in New York, says modern risk-taking research shows people might be willing to take risks in one area, but not another. In the presence of their friends, men are also more likely to take risks, Wilke notes, and single guys are more likely to make risky moves than coupled-up men. "When heterosexual males are given the opportunity to take risks, they like to advertise potential skills and fitness benefits to others, saying, 'Ladies, I might be a good potential partner to mate with,'" he says.

Ottawa resident Robyn Baldwin, left, is a self-described adrenalin junkie, and says her risky-but-fun pursuits are often done with friends. CONTRIBUTED/TORSTAR NEWS SERVICE

Our collective desire to take risks stems from humanity being a highly social species. "I might take a risk to impress someone, ... but my judgment of a risk, I might take from my social circle," Wilke explains.

Even something terror-inducing — like bungee jumping or sky diving — might not seem so scary when we're surrounded by peers. "If I see all my close friends get a total joy out of that, I might be more willing to join in," Wilke says.

Of course, there can be a downside since risks, Wilke notes, can be potentially dangerous or even deadly. But we're a highly social species, so the good news is taking risks with friends or loved ones can bring us closer together. "Friendships might be strengthened," Wilke says.

TORSTAR NEWS SERVICE

DIVING IN

Pals who skydive together stay together

Ottawa resident Robyn Baldwin is a self-described alpha female and adrenalin junkie, and says her risky-but-fun pursuits — like bungee jumping and zip-lining — are often done with friends.

Last year, alongside a close high school friend and his girlfriend, Baldwin went skydiving for the first time at Skydive Toronto, and says the experience was emotional but "amazingly fun." Taking the plunge was her idea, she says, and she would've gone alone if needed.

Still, Baldwin says risk-taking with friends encourages her to try things she might not be comfortable to do on her own. "It creates more active friendships," she says.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

The one big question of Game of Homes

THE SHOW: Game of Homes, Season 2, Episode 2
THE MOMENT: The kitchen fight

Who wants a house built in too little time by exhausted amateurs, asks Johanna Schneller. CONTRIBUTED

With the clock ticking, proudly Italian best friends Dom and Michael argue about wainscoting. "Do you want it centered to the window?" Dom, the little one, asks.

"Measure the space!" Michael, the tall one, barks.

"So you want it centered to the wall?" Dom asks.

"I want you to do it right!" Michael yells (among other colorful phrases, which are bleeped).

"Talk English, ya f—ing bird!" Dom shouts. "Do it yourself!"

"At least I'll do a good job!" Michael hollers.

Tyler, teamed with his fiancée, Courtney, overhears them. "This is what this will do to you," he says.

"You care so much, you freak out."

Yes, Tyler, exactly. The sum total of thinking here — four teams renovate a house; the winning duo gets it — is this: Give people stressful time limits, then watch them stress.

It sure doesn't teach me how to renovate properly; experts help behind the scenes. It doesn't show me how to critique taste: No matter who wins, the others spout, "The judges are wrong."

As with all reality shows, the appeal is the characters: You root for the team you decide to like. Here you can decide immediately, because there's no character development. Do you feel bad for Alex, the only skilled workman, and his helpless mum Shelley? Do you enjoy Dom and Michael's chippiness? Kim and Harry's over-ambition? Do you care if Tyler comforts Courtney when she cries?

No one, however, asks the question that's plaguing me: Who wants a house built in too little time by exhausted amateurs?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

THE FOUR HORSEMEN, Jesse Eisenberg, Woody Harrelson, Dave Franco, Lizzy Caplan, return for a second mind-bending adventure, elevating the limits of stage illusion to new heights and taking them around the globe.

Wonderlist is giving you a chance to see

NOW YOU SEE ME 2

before it comes out in theatres on June 10!

A double pass to see an advance screening of Now You See Me 2 on Wednesday, June 8, 2016

No purchase necessary. Skill testing question required. Contest open to residents of Ontario, British Columbia, Alberta and Manitoba (excluding QB) 18 years of age or older. There are two hundred and fourty five (245) prizes available to be won, thirty five (35) in each market. Each winner will receive two (2) tickets to see an advance screening of Now You See Me 2 on Wednesday, June 08, 2016. ARV twenty five dollars ($25) CDN. Odds of winning depend on the number of eligible entries received in the applicable entry period. Contest Period opens at 01:0 pm ET on May 19, 2016 and closes at 09:00 am ET on June 01, 2016. For instructions to enter and complete contest rules, visit wonderlist.ca.

metro SPORTS

Spanish basketballer Pau Gasol is considering not playing at the Olympics because of the Zika virus

Redblacks set bar high

CFL

Team expects a lot from itself in just its third season

The Ottawa Redblacks know expectations will be high this year, and that's exactly where they want them.

A year after a debut season in which they won just two games, the Redblacks posted a 12-6 record in 2015 and advanced to the Grey Cup, where they lost 26-20 to the Edmonton Eskimos.

This year's team believes it can be even better after going from basement dwellers to legitimate contenders in just one season.

"We want to have a winning culture around here," said Redblacks head coach Rick Campbell. "We know it's not easy. We know it takes a lot of hard work, but that was part of the culture we wanted around here.

"Expectations are a healthy thing, if you don't have expectations from yourself or from your team that's usually not a good thing so I think expectations are good."

While a number of changes occurred during the off-season, the Redblacks are finally at a point where they've developed some of their own talent and have a solid core.

The Redblacks parted ways with some significant talent including offensive lineman Colin Kelly, defensive linemen Shawn Lemon, Justin Capicciotti and Keith Shologan, receiver Maurice Price and defensive backs Jovon Johnson and Brandyn Thompson.

The face of the franchise remains quarterback Henry Burris, who was named the Most Outstanding Player last season. Burris, who turns 41 in less than a week, knows the skeptics are sure to come out despite his production last season.

"It is what it is," said Burris. "I've put my body in the position to be able to play this young man's game through my training. Of course I'm not as quick as I was when I was 25 or 26, but I find other ways mentally to get the job done.

"I find ways to take care of my body, use the weapons that are around me and understanding how to create the offence and execute within the offence and that's what allows me to be much better when I step on this field is knowing how to manage this game and making good decisions."

Burris has no intention of making this his last season, announcing that a contract with Ottawa is in place for 2017. THE CANADIAN PRESS

Henry Burris was named the Most Outstanding Player en route to the Grey Cup game last year. JOHN WOODS/THE CANADIAN PRESS

> **We still have our base that's intact ... now we're being challenged to take it one, two steps further.**
> Henry Burris

RAPTORS

Re-signing DeRozan is priority No. 1: GM

When Masai Ujiri met with DeMar DeRozan on Sunday, the pain of a season that ended just a little bit too soon was still written on DeRozan's face. It was the look of unfinished business.

The Raptors' all-star guard has made it clear he wants to stay in Toronto. Ujiri returned the sentiments on Monday.

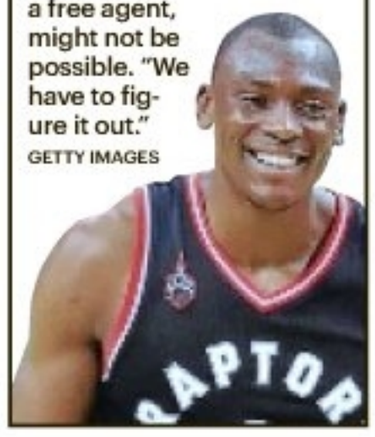
"Our No. 1 goal is to bring DeMar back here," the team's president and GM said. "We feel great that he wants to come back to our organization. I spoke to him (Sunday), and his eyes were still red. You could tell. He said he felt empty the next day, which was telling.

"Speaking to him and Kyle (Lowry), they almost felt like we had a game to play still, and that game is not there. There's that hunger, and you like that, and then now, it's my part to figure it out."

Figuring it out means paying DeRozan top dollar. The team's leading scorer will test free agency in a few weeks, and is expected to fetch maximum money on the open market.

Talking to reporters three days after Toronto was eliminated in six games from the Eastern Conference final, Ujiri said his other immediate tasks will be the June 23 draft — Toronto has the ninth overall pick — and negotiating a new contract with coach Dwane Casey, who is entering the team option year of his current deal.

"Coach Casey's our coach for the future," Ujiri said. "That's very easy for us to figure out. That will be done in our sleep, I think." THE CANADIAN PRESS



Ujiri said bringing back both DeRozan and **Bismack Biyombo**, who is also slated to become a free agent, might not be possible. "We have to figure it out." GETTY IMAGES

MLB

Harvey dominant, Mets edge ChiSox

Matt Harvey rediscovered his form with seven dominant innings of two-hit ball, Neil Walker homered off Jose Quintana, and the New York Mets beat Chicago 1-0 Monday to send the reeling White Sox to their seventh straight loss.

Harvey (4-7) has been one of baseball's biggest puzzles, transforming from a premier pitcher to baffled ballplayer. Two weeks ago, he was booed at Citi Field when he lasted just 2-2/3 innings against Washington. This time, fans started to stand and cheer when he got two strikes on Jose Abreu in the fourth, and the crowd gave him a huge ovation when he escaped a seventh-inning jam.

Matt Harvey GETTY IMAGES

Harvey struck out six and walked two to win for the first time since May 8. THE ASSOCIATED PRESS

IN BRIEF

Bogaerts stretches hit streak to 23 in Red Sox win

Xander Bogaerts extended his hitting streak to 23 games and drove in two runs, Jackie Bradley put Boston ahead for good with a sixth-inning homer and the Red Sox beat the Baltimore Orioles 7-2 Monday in a matchup of the top two teams in the AL East. David Ortiz and rookie Marco Hernandez also homered for the Red Sox, who stretched their division lead to two games. THE ASSOCIATED PRESS

WOMEN'S SOCCER

Canada's backup keeper breaks wrist

The Canadian women's soccer team has been hit with another injury at goalkeeper in advance of the Olympics.

Sabrina D'Angelo, who figured to be Stephanie Labbe's backup in Rio, fractured her left wrist last week with the Western New York Flash of the NWSL. Canada lost No. 1 keeper Erin McLeod in March when she injured her anterior cruciate ligament playing for her Swedish club team.

Coach John Herdman has Labbe and 20-year-old Kailen Sheridan available for a pair of upcoming friendlies. THE CANADIAN PRESS

FRIENDLIES

Canada, ranked 10th in the world, hosts No. 8 Brazil at Toronto's BMO Field on Saturday and Ottawa's TD Place on June 7.

RECIPE Best Fish Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If the crunchy fish in this sandwich weren't so good I'd say it's all an excuse for its seriously addictive spicy mayo.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients
- 2 Tilapia filets
- 1/4 cup corn meal
- salt and pepper
- 1/4 tsp chili powder
- 1 Tbsp vegetable oil
- 1/4 cup fresh parsley, chopped
- 4 buns
- 4 romaine leaves, chopped
- 2 tomatoes, sliced
- 1/2 cup mayonaise
- 1 Tbsp ketchup
- 3 tsp Sriracha

Directions

1. Spread corn meal evenly on a plate and toss in salt and pepper, chili powder and parseley until it's all combined. Spread the mixture evenly on a plate. Press the fish into the corn meal and turn over, press the other side into the corn meal.

2. In a good sized pan, heat some vegetable oil to medium heat. Place your fish down in the pan. It will take about 5 minutes on the first side and only about 3 on the other.

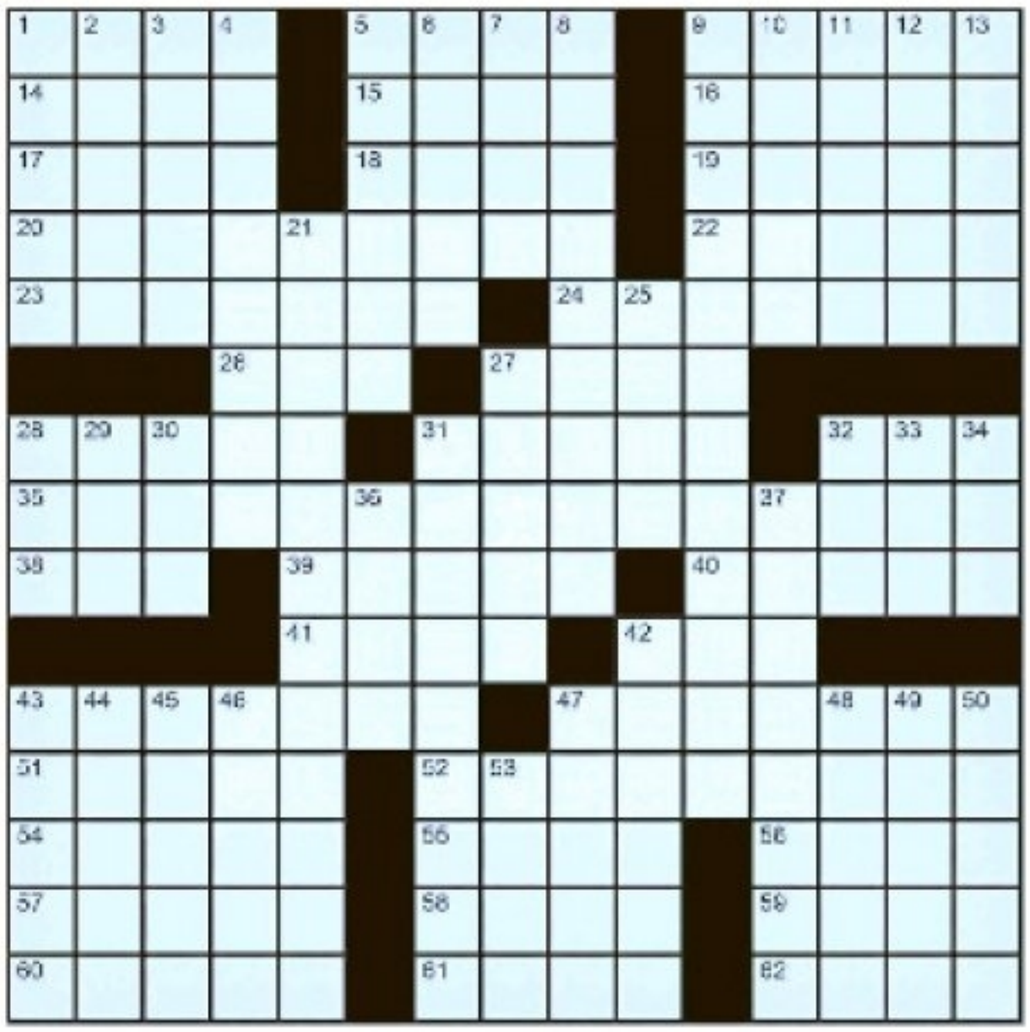
3. While your fish is cooking, mix up your mayo, ketchup and hot sauce in a small bowl.

4. Check your fish. The corn meal will be crusty and the fish should be opaque. Break your fish into large pieces. Slice open your buns and spread mayo on each side. Place your chopped lettuce down, then fish, then tomato.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Q. "_ '_' a way to abbreviate Anchorage's state?" A. "Indeed."
5. Music key, _ _.
9. Switchblades
14. Rib or tibia
15. Dallas Cowboys quarterback Tony
16. 'Don't play' musical direction
17. Live _ (Rustic wooden table feature)
18. Literary collection [abbr.]
19. Dior perfume, J'_
20. With-a-bowl utensil
22. Jumpy
23. Kleenexes
24. Underwater chamber in bridge construction
26. #49-Down's frequent co-star ...her initials-sharers
27. Tee-er's averages
28. "M*A*S*H" role, Lieutenant Colonel _
31. Biblical measure of length
32. Welcome _
35. Ottawa is the hub of it: 2 wds.
38. It's 'in'
39. Short-tailed weasel
40. Boston's NBA team, commonly
41. Chuck
42. Photo
43. Alter the mould
47. Overdoes it with showing off
51. Survey answer selection
52. Medieval armour: 2 wds.
54. Get _ _ of (Contact)
55. _ _ grievance (Complain)
56. 'Sound'-meaning prefix
57. Big cat in "Ice Age: The Meltdown" (2006)
58. _' Ted (Mr. Cruz to Donald Trump)
59. Internet pub.
60. "Vamoose!"
61. '_ and Found'
62. Unappreciative utterance

DOWN
1. "_ _ be goin' now."
2. "Me too.": 3 wds.
3. AC/DC lead guitarist Mr. Young
4. Memento
5. Curtains
6. Vintage music LPs
7. 9:00_ _ _5:00pm (Office hours)
8. Explorer who voyaged to the East Coast via The Matthew: 2 wds.
9. 2016 Census: Wayne R. Smith, Chief _ of Canada
10. Devil's domicile
11. Showbiz legends
12. Left-hand page
13. Alexander _, Winnipeg-born hockey star
21. Level of fame achieved by Celine Dion
25. Seed covering
27. Transformation-stage insects
28. Texter's good chum
29. Ms. Michele
30. Sum up
31. Reason to say "Just made it.": 2 wds.
32. Rich money amt.
33. Play's scenes grouping
34. Writer Mr. Eliot, et al.
36. On
37. Legendary Chief of the Shawnee who allied with Britain during the War of 1812
42. Flexible
43. Routes
44. Moral principle
45. Horse hoof handler
46. Honi's comic strip mother
47. Anna of "Brokeback Mountain" (2005)
48. Ruth's mother-in-law in the Old Testament
49. Ms. Fey's
50. Trudges
53. "_-_, Silver! ("The Lone Ranger" opening exclamation)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's a good day to make long-range plans for the future. It's also a great day to schmooze with siblings, relatives and neighbors.

Taurus April 21 - May 21
You might work alone or behind the scenes today to do some financial planning regarding inheritances and shared property. This is a good money day for you!

Gemini May 22 - June 21
Enjoy interacting with others today, because everyone feels friendly. Partners and close friends are supportive to your goals now, which is reassuring.

Cancer June 22 - July 23
Personal details about your private life might be made public today. No worries; everything looks positive. You make a great impression on bosses and VIPs today.

Leo July 24 - Aug. 23
If you can travel today, you will enjoy it, because you want a change of scenery. Grab any opportunity to educate children today; this, too, will be rewarding.

Virgo Aug. 24 - Sept. 23
You will make headway today with shared property, inheritances, taxes and debt. You might see a way to better secure your home and family. Bosses and VIPs will go along with what you want.

Libra Sept. 24 - Oct. 23
You have to compromise somewhat dealing with others today, because the Moon is opposite your sign. Fortunately, everyone will be cooperative!

Scorpio Oct. 24 - Nov. 22
You are industrious and productive today because you want to get better organized. In particular, you want to be more on top of bills, expenses and your financial scene.

Sagittarius Nov. 23 - Dec. 21
This is a playful, fun-loving day! Take time out of your day to have some fun. Enjoy sports events, social outings and time spent with children. Someone older might help you.

Capricorn Dec. 22 - Jan. 20
Assistance from someone might help you to entertain people at home today. Either way, you can do something that will solidify or secure your home base in a nice way.

Aquarius Jan. 21 - Feb. 19
This is a great day to make some long-range plans and have serious discussions with siblings, relatives and neighbors. It's a good day to plan a future social outing.

Pisces
Feb. 20 - March 20
Look for ways to boost your income today, because you might do this. Whatever you do will impress bosses, parents and people in power. Looking good.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7	6						2	8
		3				1		
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8				1				9
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		6				9		
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

2	6	1	9	5	4	8	7	3
8	3	9	7	6	2	4	5	1
5	4	7	1	3	8	2	9	6
6	5	4	8	1	3	7	2	9
3	9	2	6	4	7	1	8	5
7	1	8	2	9	5	6	3	4
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9	2	3	4	8	1	5	6	7
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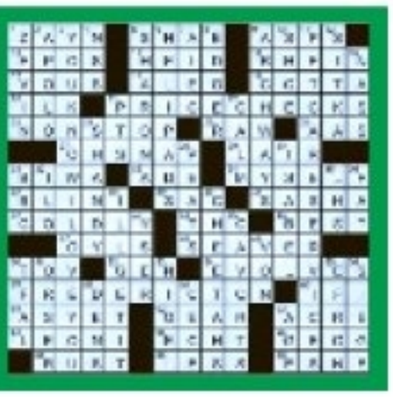

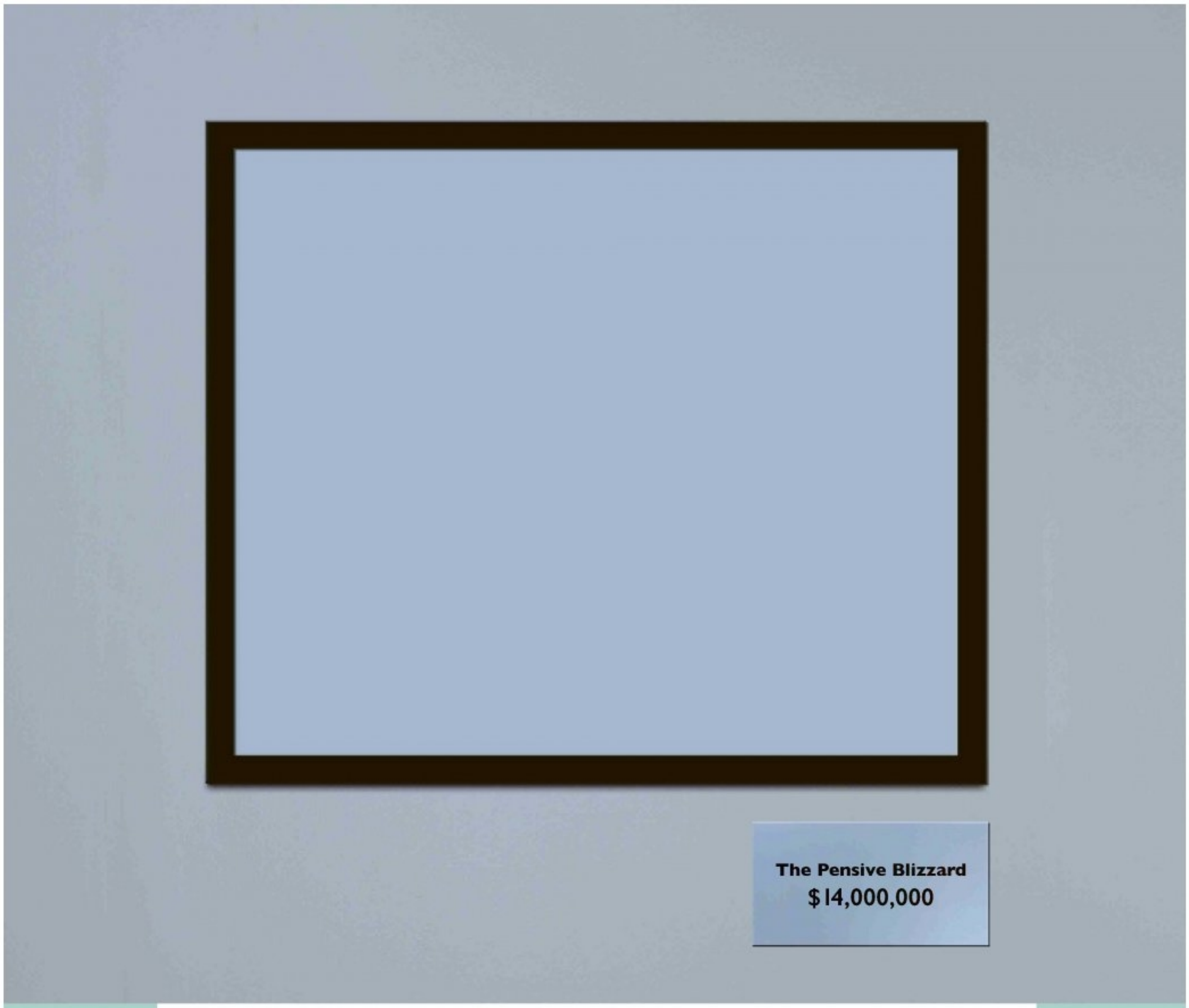

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